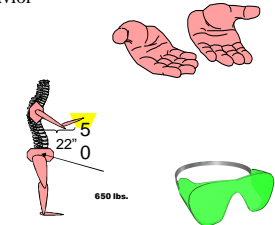


# Back, Eye & Hand Injury Prevention

WCF Safety Training

## Class Agenda

- Introduction- Why are we teaching this class?
- Fundamentals of Safety Behavior
- Hand Injury Prevention
- Eye Injury Prevention
- Back Injury Prevention



## Why These Topics????

- Nationwide Days Away from Work Injuries
  - 2003 304,000 Back Injuries \$50 Billion
  - 2003 37,000 Eye Injuries \$300 Million
  - 2003 158,000 Hand Injuries \$4 Billion
  - This is 38% of all occupational injuries
- WCF 2005
  - 4,350 Back Injuries, \$20.4 Million, \$4,700.00 per claim
  - 2,295 Eye Injuries \$1.03 Million, \$451.00 per claim
  - 10,208 Hand Injuries \$17.4 Million, \$1,700.00 per claim
- Back, Eye and Hand Injuries (WCF)
  - 57% of all claims
  - 36% of claim costs

## Why These Topics??? (cont.)

- **Back injuries** are the most common lost workday injury- 23.1%.
- 50% were caused by lifting; followed by slips and falls; and pushing or pulling. 90% of back injuries are sprains or strains; 91% are to lower back.
- Back injuries are also more expensive than other lost time claims in general, with one in eight lasting two years or more.

## Utah Fatalities

- 50 Utah fatalities in 2004. Number one cause of fatalities in Utah and the U.S.?
- Vehicle accidents- 30 of 50 in Utah!!!
- **Three Factors of Survivability in a Crash:**
  - 1 Speed of Vehicle
  - 2 Passenger Restraints
  - 3 Size of Vehicle

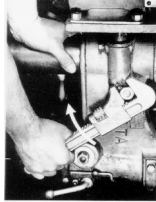


## Behavioral Safety

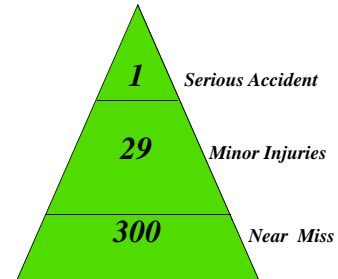


## H.W. Heinrich, 1931

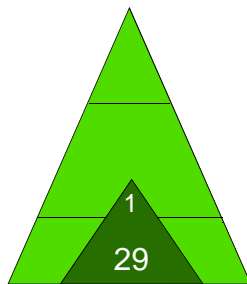
- 88% of all accidents are caused by unsafe acts
- 10% of all accidents are caused by unsafe conditions
- 2% uncategorized



## Accident Triangle



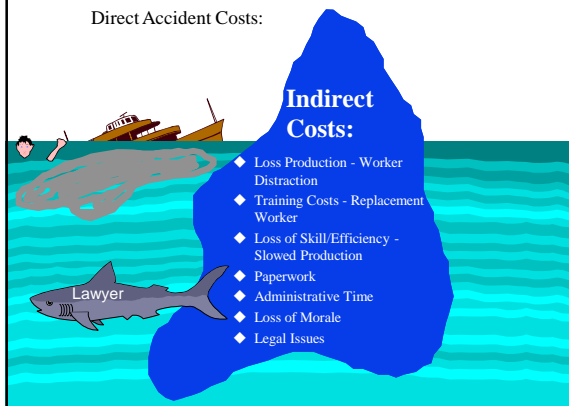
## Accident Triangle



### Direct Accident Costs:

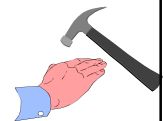


### Direct Accident Costs:



## Hand Injury Prevention


- Video Review
- Discussions:
  - Most Common Injury Type
  - 75% of injured employees knew of the hazard
    - Rushing, shortcuts, not focused on task
  - 25% of employees weren't aware of hazard
    - Inadequate orientation, follow up training and supervision



## Hand Hazards and Controls

- Machinery and Equipment
  - Safeguards in place and inspected, LO/TO
- Cuts, abrasions, burns including chemical
  - Use the proper glove for the job
- Tool Use
  - Use the right tool for the job- replace tools and sharpen cutting tools on a regular basis
- Establish and enforce housekeeping and dress standards (jewelry, loose clothing)

## Eye Injury Prevention

- Video Review- The Odds of an Eye Injury
- 60% of injuries occur to people not wearing eye protection
  - Employees need proper enforcement of a written procedure (shop vs. field)
- When eye protection is present, injuries are less severe
- Proper First Aid readily available 
  - Key to preventing further damage- protect vs. eyewash for 15 minutes.

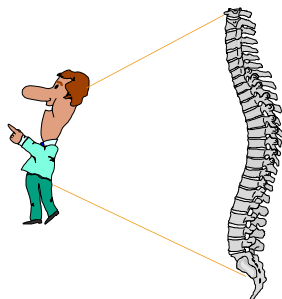
## Eye Hazards and Controls

- Correct Protection 100% of the time!!!
  - Safety glasses and safety glasses with side shields
  - Goggles
  - Faceshields
  - Radiation protection including welding shields
- Eye Protection should be properly maintained and replaced as needed; fit properly, be clean and stored appropriately.

## Eye and Hand Injuries

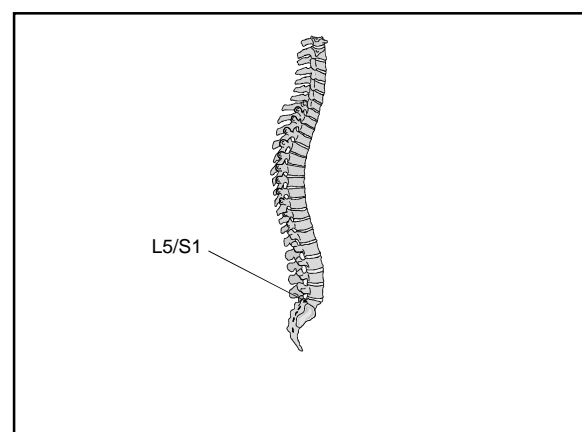
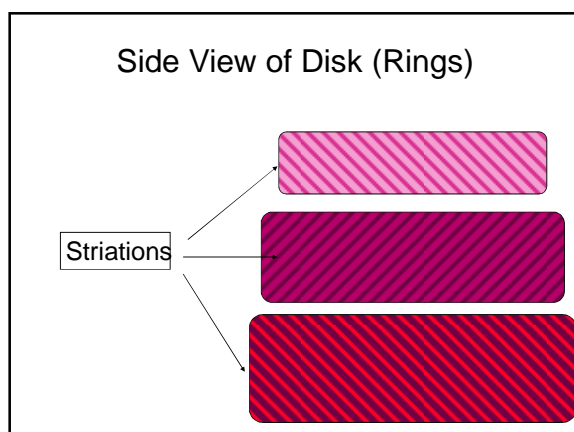
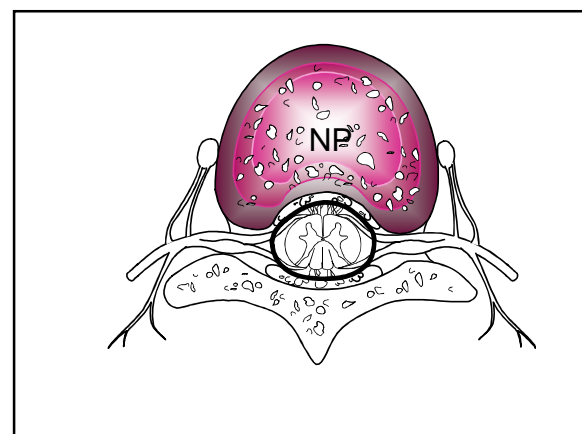
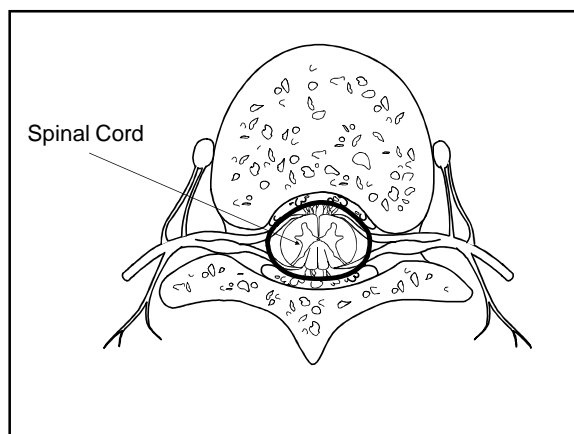
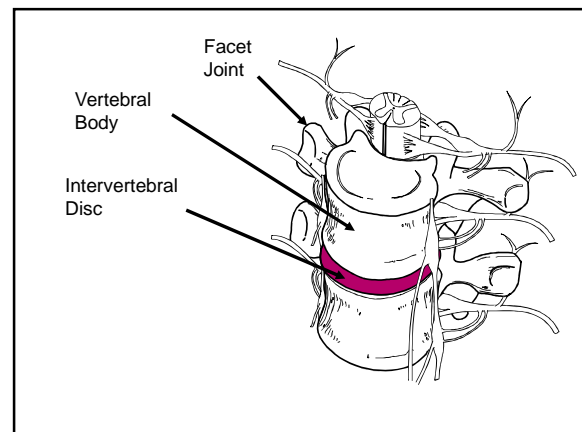
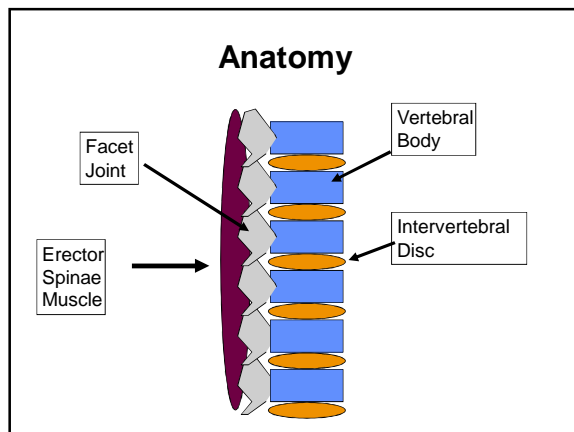
- Proper safeguards and training can eliminate most injuries.
- Accident sequence is very fast. If unprotected, the severity of the injury is mostly determined by luck.
- The effects of an accident can last a lifetime.

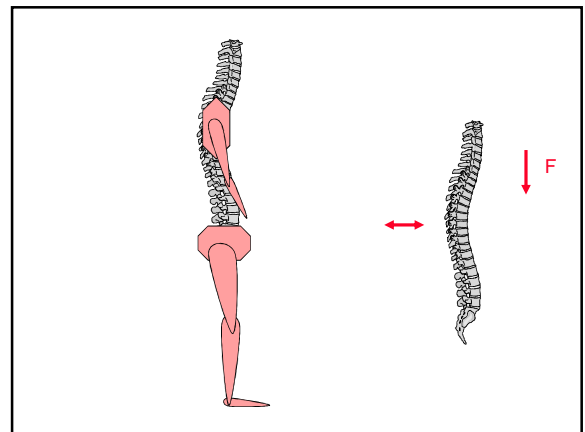
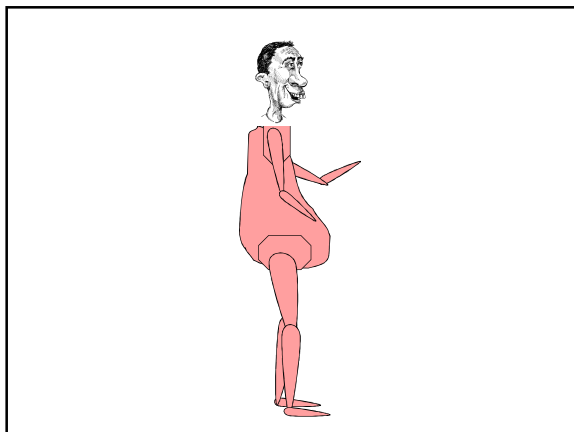
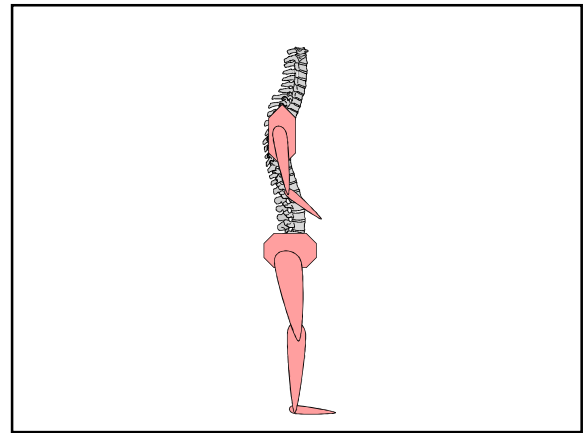
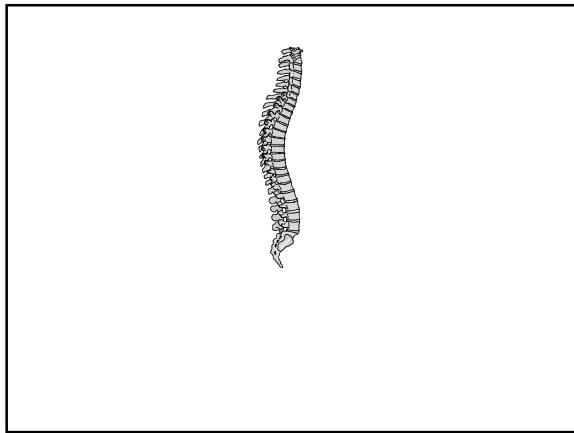
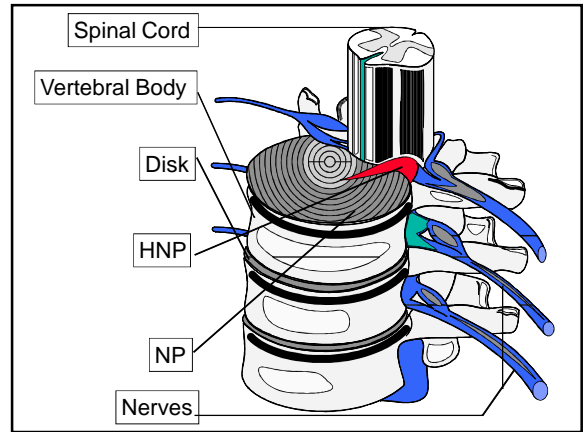
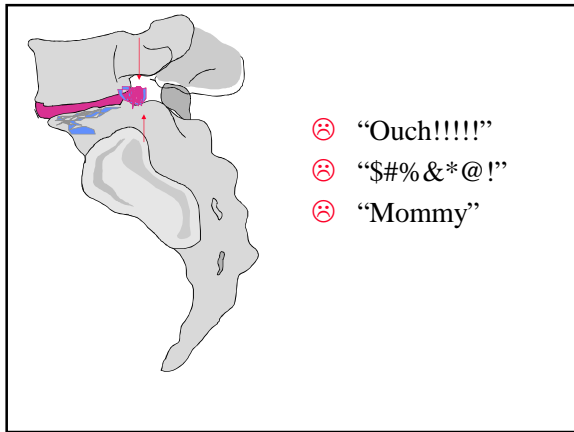
## Back Injury Prevention

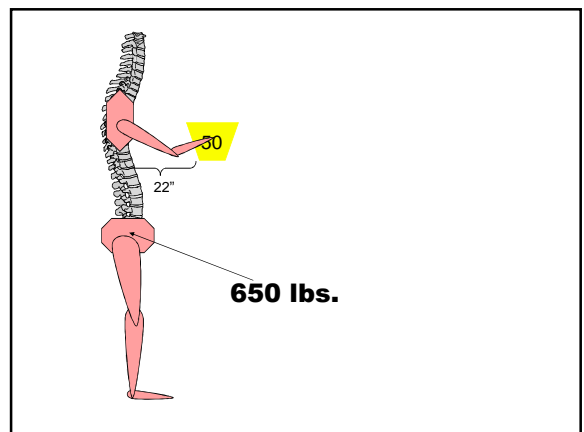
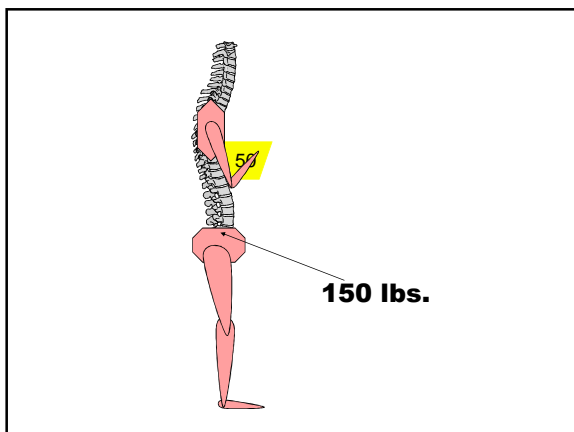
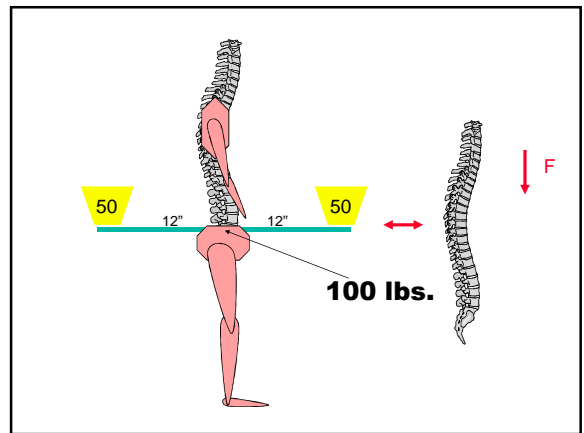
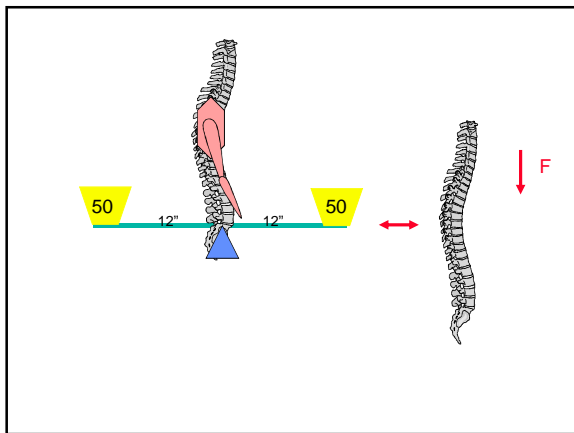
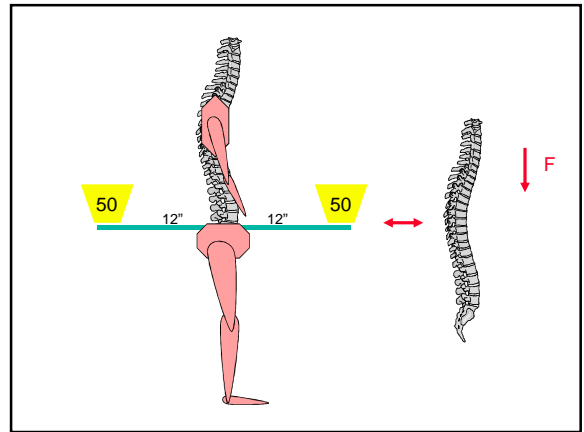
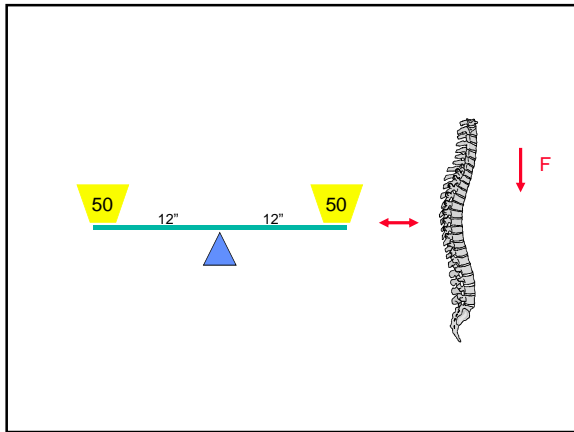


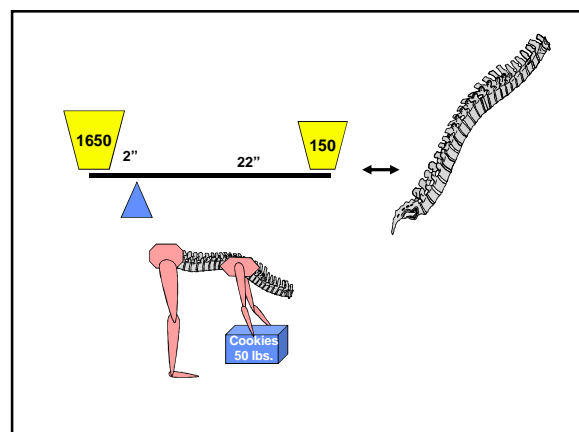
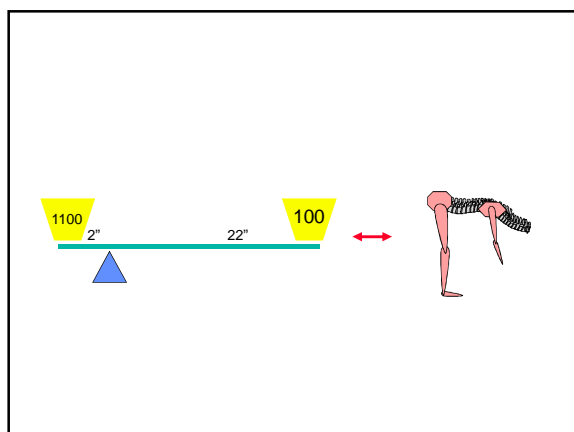
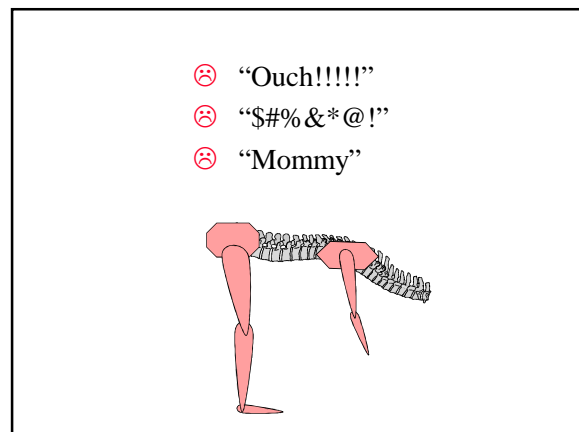
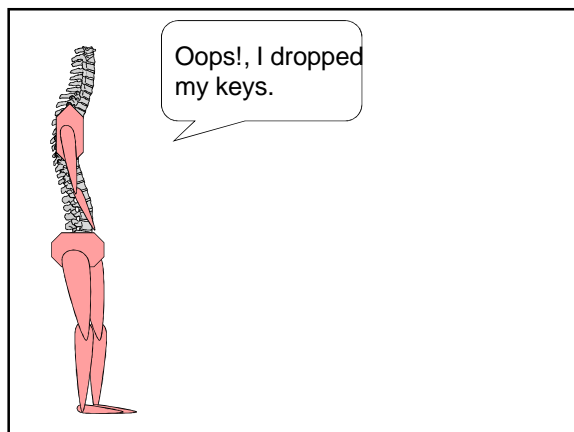
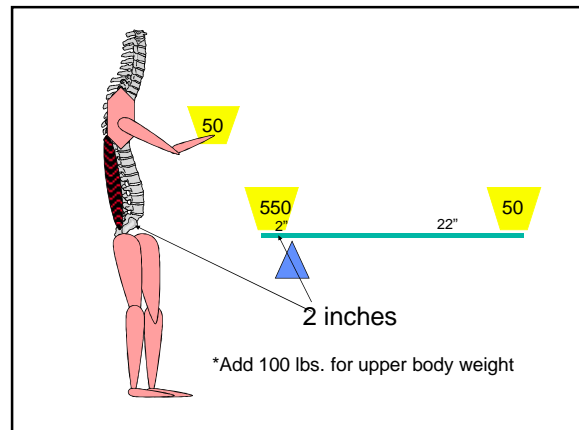
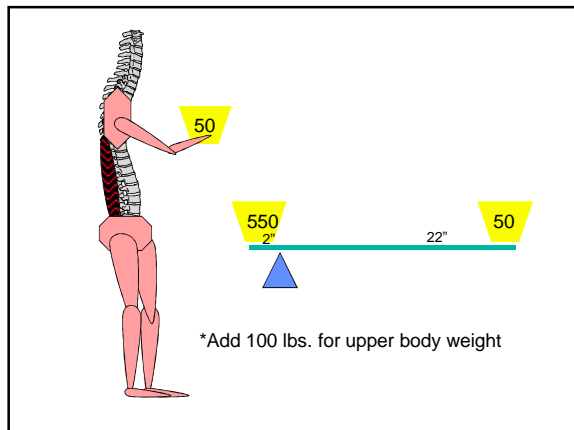
## Key Points:

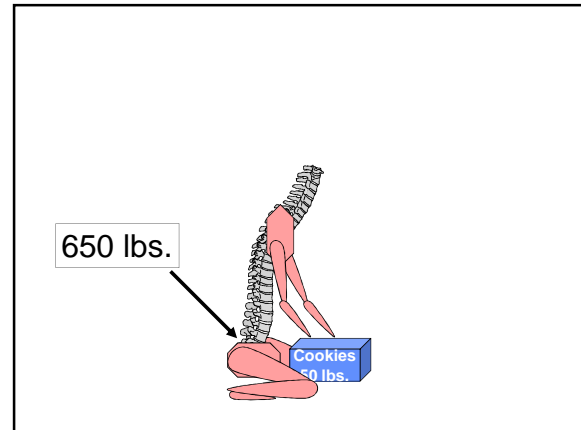
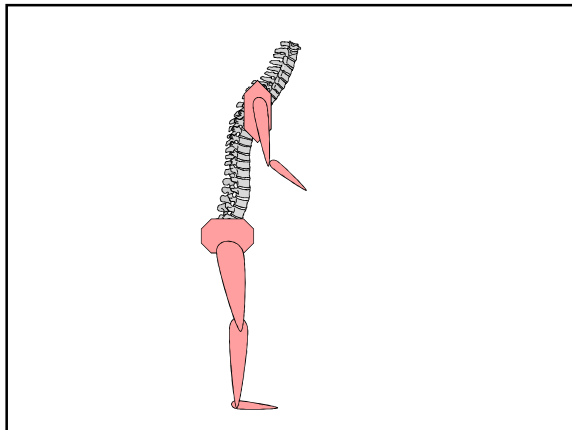
- Back injury is cumulative trauma injury.
- Proper lifting does not come naturally.
- Never twist your back while you are carrying a load.



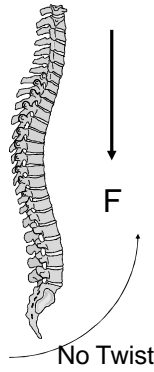








- ❖ Bend your knees.
- ❖ Test the Weight
- ❖ Get a Firm Grip
- ❖ “HUG” the Load
- ❖ Keep it Straight



### Contributing Elements

- Carrying material over uneven surfaces
- Twisting in any form
- Jerking while lifting
- Reaching for a load
- Bending while carrying a load
- Carrying material over slippery surfaces
- Carrying loads that are too heavy
- Physical conditioning
- How many lifts have been performed

### Key Points:

- Back injury is cumulative trauma injury.
- Proper lifting does not come naturally.
- Never twist your back while you are carrying a load.

## Thank You